



Volume 14, Issue 1  
February 2012

# Computer Pals for Seniors

## The Hills Inc.

### President's Report

Now that the festivities are over it is time to get down to enjoying the New Year and learning about computers. I trust that you all had a pleasant Christmas with your families and enjoyed our party, especially the entertainment.

Your Committee has already met and are planning the activities for the coming year. We are investigating the possibility of introducing some new courses which will interest you all and will add to the large range of courses that are currently available. I would encourage you to avail yourselves of the training that is already available and undertake at least one new optional course this year.

We will commence the computer replacement programme at the end of March, which will then allow members access to the used computers we have for sale.

Our guest speaker for today is Faye Yarroll Technology Manager for Cochlear Implants.

Enjoy the meeting

Lionel Smith

Xmas Party Thank You C P Library New Members Volunteers' Lunch	2
Membership Fees Committee	3
Course Fees Optional Courses	4
Happy Snaps	5
Krooks Korner	6
Profile Eric Whitehouse	7
Connie's Corner Useful Websites	8
It all began with an iPhone	9
Keyboard Short-cuts Thought of the Month Call to Musicians	10
Help Desk Our Website	11

Monthly Meeting 10:00 am second Wednesday of the month.  
Harvey Lowe Pavilion, Castle Hill Showground. Entry is free.

The Newsletter is available on our website: [www.users.tpg.com.au/cphills](http://www.users.tpg.com.au/cphills)

Club email: [cphills@tpg.com.au](mailto:cphills@tpg.com.au)

Copies of this newsletter are also available from our Advertisers.

*On behalf of all the members*

## Thank you

To the performers  
To those behind the scenes  
To the MC  
To our photographers  
And to all our organisers  
For a wonderful Christmas Party  
It couldn't have happened  
without all your efforts.

For those who performed, a  
DVD of the performance is  
available for you in the Office.  
For those who would like to  
view the DVD, there are copies  
in the Office for you to  
borrow and return.

## Boomerang Library

As the name suggests, books  
in our bookcase can be borrowed and re-  
turned. There is no time limit on  
borrowing period. All books have  
been donated by members. You  
may have some to contribute.

Happy reading

CV

W  
e  
l  
c  
o  
m  
e  
  
N  
e  
w  
  
M  
e  
m  
b  
e  
r  
s

Eric Fife  
Joyan Fife  
Mary Swan  
Carmela Pelligra  
Pam Brown  
Jan Smith  
Mary Goodwin  
Norma Higgins



**Volunteers  
for 2011-12**

you are  
invited to a

Lunch on Wednesday  
14th March 2012

12noon for 12.30pm

Baulkham Hills Bowling  
Club, known as The Hills  
Club.

Unfortunately we cannot  
accommodate non Volunteer  
guests.

Register your name at the  
February meeting or at the  
clubrooms during office hours.  
Bookings close Wed 7th March.  
Enquiries or  
cancellations  
contact  
Jill ... 9899 1843



# MEMBERSHIP

There is a Joining Fee of \$20  
per person for new members

Our Membership year runs from July to  
June the following year.

If joining between the dates listed  
below, your fees will cover you for  
the financial year

## 1<sup>st</sup> July and 31<sup>st</sup> Dec

SINGLE \$50 plus \$20 Joining Fee **\$70**  
COUPLE \$80 plus \$20 each **\$120**

## 1<sup>st</sup> Jan and 31<sup>st</sup> Mar

SINGLE \$25 plus \$20 Joining Fee **\$45**  
COUPLE \$40 plus \$20 each **\$80**

## 1<sup>st</sup> Apr and 30<sup>th</sup> Jun

SINGLE \$15 plus \$20 Joining Fee **\$35**  
COUPLE \$20 plus \$20 each, **\$60**

Annual Renewal Fee is

SINGLE \$50

COUPLE \$80

due 1<sup>st</sup> July to 30<sup>th</sup> June each year

For information about our Club,  
please ring the

Clubrooms: 9899 9131

If unattended leave a message.

and we will get back to you.

Our email: [cphills@tpg.com.au](mailto:cphills@tpg.com.au)

Or you could visit our rooms during  
office hours

Monday & Tuesday  
between 10.30am and 3.30pm  
or Friday 10.30am to 12.30pm

Membership Officer

Sandra Self 9639 0208

# Computer Pals for Seniors The Hills Inc.

ABN 12 984 569 751

PO Box 831

CASTLE HILL 1765

<http://www.users.tpg.com.au/cphills>

Email: [cphills@tpg.com.au](mailto:cphills@tpg.com.au)

Enquiries Club Rooms 9899 9131

Patron Alan Cadman

## Management Committee

### President

Lionel Smith 9654 9607

### Vice-President

Bertrand Harrington 9899 2322

### Secretary

Barbara Browne 9639 8636

### Treasurer

Terri Weston 9899 2487

### Ordinary Members

#### Senior Training Officer

Peter Fowler 9875 4472

#### Membership Officer

Sandra Self 9639 0208

#### Assistant Treasurer

Wendy Hoare 9654 2433

#### Banking Officer

Leigh Britton 9872 5275

Jill Matthews 9899 1843

Angela McBride 9894 6647

Col Wright 9858 2460

Eric Whitehouse 9634 4508

#### Minute Taker

Marie Woodward 9899 8983

#### Public Officer

Chris Keay 9654 1514

#### Welfare & Publicity Officer

Connie Vallis 9639 6758

## **COURSE FEES**

Mandatory Course for Beginners

Fundamentals           \$30 & \$40

5 Extra Fun Lessons       \$10

## **Optional Courses**

MS Excel                   \$20

MS Word                   \$20

MS Word Advanced       \$20

MS Publisher             \$30

MS PowerPoint           \$30

Intro. to the Internet & email \$20

Advanced Internet       \$20

Graphics                  \$25

Scanning & Printing     \$20

Digital Camera           \$25

Photoshop Elements     \$30

Photoshop Elements F E \$35

Card Workshop (Word) \$15

Video Editing to DVD   \$20

PC Care & Maintenance. \$20

Skype (VoIP)             \$20

Mail Merge               \$10

Creative Writing         \$15

MS Story Book 3         \$10

eBay Introduction       \$10

Building Computer observe \$15

Build own computer     \$25

Photo books (Officeworks) \$10

Audio Editing           \$15

Optional Courses,  
SIGS & Workshops.  
Check for vacancies

## **Courses**

### **Advanced Internet**

**5 weeks Thurs AM**

**Feb 16, 23 Mar 1, 8 & 22.**

### **PowerPoint**

**6 weeks Thurs AM**

**Feb 23, Mar 1, 8, 22, 29  
& Apr 5.**

### **PC Care & Maintenance**

**4 weeks Friday AM**

**Apr 13, 20, 27 & May 4.**

*Check clipboards for vacancies on all available courses.*

*Eligibility and normal course enrolment procedures apply .*

**The clubrooms will be closed for the Castle Hill Show from Mon 12th March to Tues 20th March incl. The Volunteers' Lunch will be held on Wed 14th Mar**



## Happy Snaps



This is the first of a monthly photography tip which will be included in the newsletter.

The tips will be aimed at people that use the basic point and shoot cameras, as well those with a fancy camera.

Firstly, take a second or two to think about the photo you are about to take. Over the next few months I will list a few simple things that can turn you from an average photographer, to one that everybody wants to emulate.

Let's talk about photographing children, especially those close up portraits. Children are shorter than us, so if every photo is taken from a standing position, then in every shot you are looking down on them – not always a flattering and engaging look. Height is one way to alter your perspective as a photographer. In many cases a shot taken from or just below the eye level of your subject is ideal and creates a more intimate shot. However, mixing it up can also leave you with a creative and interesting perspective.

Lots of photographers make the mistake of believing that composition is just about positioning subjects in your shot. Sometimes it is more about where you as a photographer position yourself in order to make a more pleasing arrangement of the subject and any background items in your viewfinder.

In most instances shooting a portrait from in front of a child probably seems like the most sensible place to start. But hey children are so active and move around so much a side view (portrait) or even shooting from behind can create some interesting photos.

The distance between you and your subject is another factor worth experimenting with. Shooting from a distance can offer a couple of advantages. Firstly you can include some of the background with your subject.– similarly the height difference is often not noticeable when there is a fair distance between you and your subject. Using a zoom lens will allow you to shoot up close and tightly framing your shot thus isolating them from a distracting background. However, don't let the zoom lenses make you a little lazy with composition – it's good to remind yourself that being a little more mobile and altering your shooting perspective can add a lot to an image.

# Krooks Korner

Welcome to a regular monthly item in which we will look at some of the Scams, Urban Legends and miscellaneous Malware that finds its way into our e-mail inboxes. By way of introduction, I have lately been getting fairly regular e-mails from 2 would-be correspondents, namely "Blessed Chiquita" and [dtross4345@aol.com](mailto:dtross4345@aol.com). These two are easy to deal with because a good general rule is to never open an e-mail from anyone you don't know so it's straight into the bin for both of them (even if I did know a "Blessed Chiquita" I wouldn't admit it anyway). On the other hand sometimes one is not quite sure-eg: my model aircraft club recently changed its secretary, unannounced, and a new name suddenly appeared in my inbox.

You have two alternatives:

1. One click on the e-mail to select but not open it. Now go to File > Properties > Details to see who sent it, from where and to whom. I don't think I have ever seen an e-mail of the Chiquita variety from an ISP such as Bigpond or Optus - they are too traceable. Next, is

the "to" list a typical mixture of names or is it a series of names in close alphabetical order? Here is the "to" list for the dtross e-mail.

[dtross4345@aol.com](mailto:dtross4345@aol.com)  
[bdenny@cogeco.ca](mailto:bdenny@cogeco.ca),  
[bdincest@bigpond.net.au](mailto:bdincest@bigpond.net.au),  
[be@camhigh.vic.edu.au](mailto:be@camhigh.vic.edu.au),  
[beaconworld@tiscali.co.uk](mailto:beaconworld@tiscali.co.uk), [bean-pea@bigpond.net.au](mailto:bean-pea@bigpond.net.au),  
[beckieisriva@yahoo.co.uk](mailto:beckieisriva@yahoo.co.uk),  
[beezebrick@dodo.com.au](mailto:beezebrick@dodo.com.au),  
[belindahii@yahoo.co.uk](mailto:belindahii@yahoo.co.uk), [belindaquail@yahoo.co.uk](mailto:belindaquail@yahoo.co.uk)

Very suspicious! Canadian, UK and Australian addresses all in together but in strict Alphabet order.

2. If you have access to another e-mail address, forward the suspect e-mail to that address and then go into it via Webmail. Here you can safely have a look at what the e-mail contains; both dtross and Chiquita emails contain only a link which presumably they hoped someone would click on. Never, never click on a link in an e-mail unless you are absolutely sure of who sent it and where the link leads to.

Next month we might look at an urban legend or two. Some members have already forwarded to me copies of "interesting" e-mails which I will use. Always glad to receive more.



## ***Profile:***

### ***Eric Whitehouse—Committee Member***

Eric first encountered computers when he began working as a trainee for IBM in 1977 (after 10 years teaching for Qld Education Department). He then finished his career running the ac3 Supercomputer Centre (The Australian Centre for Advanced Computing and Communications). His initial tuition was via The University of Queensland, followed by masses of courses with IBM. His first computer was an IBM PC - circa 1984.

Eric joined Computer Pals for Seniors - the Hills, in January 2011 after obtaining information at a "Senior's" event at Castle Hill Library. During the last 12 months, he has been 1-on-1 trainer in Windows 7 on Tuesday mornings, whilst also conducting 'Intro to Word' 5 week courses. "I cannot tell you enough how I really appreciate the enthusiasm and support of the Course Coordinator (Margaret) and the other trainers who help run the Word course." says Eric, adding that this is what helps make the club operate so successfully.

Eric is now a member of the committee and was recently voted onto a Sub-committee to work with Planning NSW, re what the North West Rail project will mean to the club, and its facilities. The club has also nominated him for a Board position with ASCCA. He is a Mentor to small business owners, as part of the NSW Industry and Trade Depart. He and his wife Isabel are members of U3A, where they learned to play bridge. They are also members of Baulkham Hills/Bankstown Sports Club. They both enjoy an occasional game of tennis.

Eric and his wife have lived in the Hills District since 1983. Their two married children live nearby, and with four small, much cherished grandchildren, they have just invested in a ten - seater dining table to cater for anticipated future family gatherings.



## Connie's Corner

Well here we are back into the swing of things, hopefully all healthy, happy and raring to go.

Over the break, one of my New Year resolutions was to diligently and ruthlessly sort through unwanted knick-knacks, bric-a-brac, odds and ends and other clobber I no longer needed, along the way tagging the 'rubbish' from the 'good stuff'. This I did, ending up with a big box of 'good stuff' decidedly too nice to throw away. So...what to do with it?

Then I remembered the new M.S. (Multiple Sclerosis) shop now selling pre loved items, situated at 22 Old Northern Road, Baulkham Hills - near the entrance to the old arcade, opposite the Baby Health Centre. Up I went with my big box of goodies which were gratefully accepted. And whilst there, I promised to encourage others to do the same. I even purchased a couple of things. Oh well...why not? It's a fascinating and interesting shop offering spotlessly clean and well displayed items.

Please, do as I have done, support this wonderful cause. Sort out your unwanted 'stuff' then deliver it personally, as at this stage, they don't have a collection service. But only small items please. No large furniture etc. as space is limited.

M.S is a terrible affliction which can affect any one at anytime. A quote from the internet says:

*'Multiple sclerosis is a puzzle that has perplexed medical science since it was first described by the French neurologist Charcot in 1868. The disease affects the central nervous system and can, to varying degrees, interfere with the transmission of nerve impulses throughout the brain, spinal cord and optic nerves.'* And there's much more to read.

The shop's phone number is 9686 3106. Open weekdays. They are also looking for volunteers.

Cheers.....Connie Vallis.



Have a spare coffee table, cabinet, ladder?

Click on

[www.givit.org.au](http://www.givit.org.au)

An online network that connects you with needy people in your community.

## It all began with an iPhone...



March was when our son celebrated his 17th birthday, and we got him an **iPhone**. He just loved it. Who wouldn't?

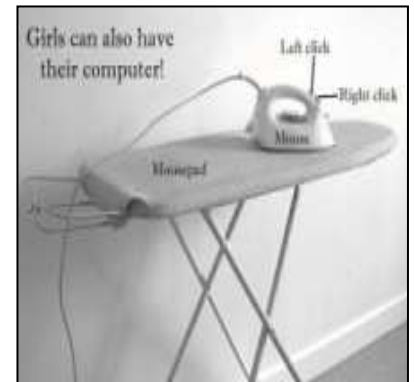


I celebrated my birthday in July, and my wife made me very happy when she bought me an **iPad**.



Our daughter's birthday was in August so we got her an **iPod Touch**.

My wife celebrated her birthday in September so I got her an **iRon**.



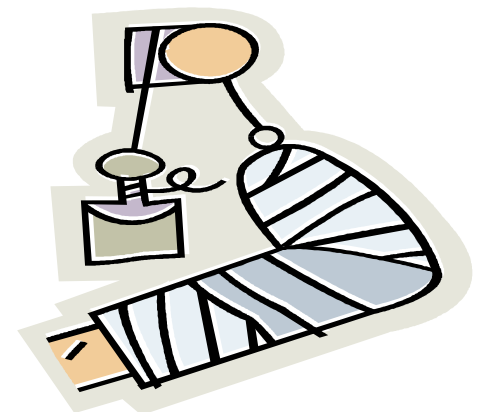
It was around then that the fight started...

What my wife failed to recognise is that the **iRon** can be integrated into the home network with the **iWash**, **iCook** and **iClean**.

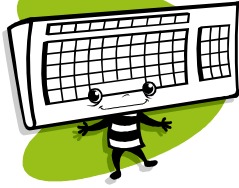
This inevitably activates the **iNag** reminder service.

I should be out of the hospital next week!!

**PS: iHurt!!!**



## Keyboard Shortcuts: in Word



### Menus & Dialog Boxes:

Activate Menu Bar Alt or F10

Show Shortcut Menu Shift F10

## Thought of the Month:

It takes a minute to find a special person, an hour to appreciate them, a day to love them but then an entire life to forget them



Your Local One Stop Service Centre  
We Provide:

- printer & computer service
- toner cartridge supply
- free workshop quotation
- refurbished network laser printers

Simply email your order or ring us for any enquiries.

Address: Unit 36/7 Salisbury Road  
Castle Hill NSW 2154

Tel: (02) 96808386

Fax (02) 96802307

Email: [spherep@tpg.com.au](mailto:spherep@tpg.com.au)

Please consider using our service!!  
Thank You.



## A call to all Musicians!!!

Looking for something different?  
Then this is for you!!

If you play or once played an instrument, come join our group.  
Good company, good fun and good entertainment.

For further information email  
Bruce on:

[bruiser2009@optusnet.com.au](mailto:bruiser2009@optusnet.com.au)



WE OFFER MORE  
THAN A COMPUTER.  
WE OFFER  
UNPARALLELED SERVICE.

## THE VALUE PACK \$920

- AMD DUAL CORE 2.8GHZ CPU
- 2GB DDR2 RAM
- 22X DVD WRITER
- 500GB HARD DRIVE
- WINDOWS7 HOME PREMIUM
- 19" LCD MONITOR
- KEYBOARD & MOUSE
- DESKTOP STEREO SPEAKER KIT



SALES, UPGRADES, SERVICE & REPAIRS.  
ESTABLISHED 1993

- PROUD SPONSOR OF COMPUTER PALS -

SHOP 4, 8 VICTORIA AVENUE  
CASTLE HILL. PH: 9634-2555  
[www.dcacomputers.com.au](http://www.dcacomputers.com.au)



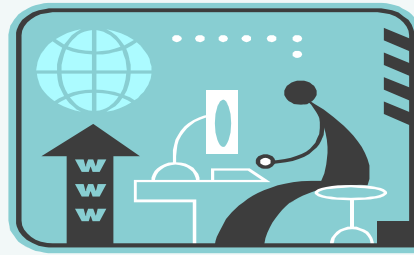
## The Help Desk

**Computer Problems?  
Our resident panel of  
experts are ready to help  
you.**

**Email**

**[cphelp@tpg.com.au](mailto:cphelp@tpg.com.au)**

**Type the word HELP  
in the subject line**



**Visit our  
Club  
Website...**

It's packed full of  
information about our Club.  
Description of courses,  
Newsletters,  
Coming Events & lots more...  
[www.users.tpg.com.au/cphills](http://www.users.tpg.com.au/cphills)  
(Updated regularly)  
Club email address is  
[cphills@tpg.com.au](mailto:cphills@tpg.com.au)  
For official emails only.

### Disclaimer

Whilst Computer Pals for Seniors appreciates the support of its advertisers, it neither recommends nor guarantees the goods or services provided.

Management Committee

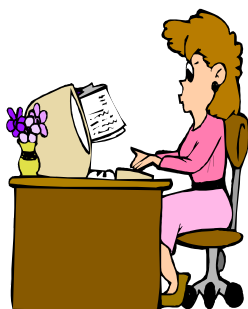
**Please submit your articles by the  
first Wednesday of the month to**

**Newsletter Editor**

**Marie Woodward**

**[mlwoodward@bigpond.com](mailto:mlwoodward@bigpond.com)**

*The Editor reserves  
the right to refuse  
any unsuitable  
material*



## PRINTER CONSUMABLES InkMe

**Compatible Cartridges for Epson,  
Canon, HP, Lexmark, Brother,  
also refill kits.**

**Refill Services for Canon, HP, Lexmark,  
Dell.**

**Continuous flow systems for Epson,  
Canon, HP.**

**Reliable cartridges for Epson, Canon,  
Brother.**

**Photo Papers. Printers. Wide format  
canvas prints.**

**Laser Toner Cartridges.**

**10% discount to Members**

**INKME 7/10 Victoria Avenue  
Castle Hill 2154**

**9:00 - 5:30 Mon—Fri**

**Tel: 9659 2323 Fax: 9659 2324**

**email: [sales@inkme.com.au](mailto:sales@inkme.com.au)**

**[www.inkme.com.au](http://www.inkme.com.au)**



### **Clubrooms**

**The Old Caretaker's Cottage**

### **Public Transport**

Hills bus routes 604 & T60.

**Please check this information.**

**Phone 131500** or website –

[www.hillsbus.com.au](http://www.hillsbus.com.au)

Buses from Castle Hill stop just past Gilbert Road.

Walk back to entrance in front of Harvey Lowe Pavilion, and turn right to the Old Caretaker's Cottage.

### **Parking at Club Rooms**

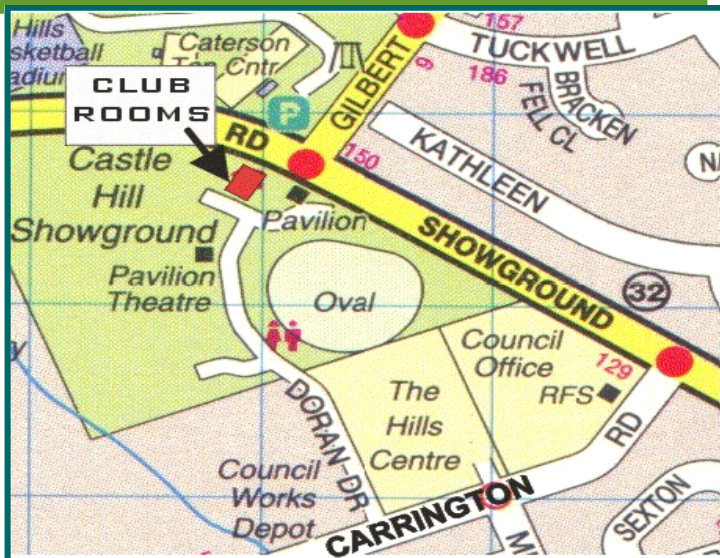
**Members: Please do not park along access roads or grassed areas around the clubrooms. Parking is at the rear of the cottage.**

**Council Authorised Parking signs are erected adjacent to our Club rooms.**

### **These spaces are limited to**

- ♦ **Disabled Members & those who have a problem walking from the rear car park.**
- ♦ **Senior Trainers**
- ♦ **Management Committee &**
- ♦ **Dropping off heavy items**

**Please observe these requirements**



# Monthly Meetings

**Wednesdays at 10am**

**Harvey Lowe Pavilion.**

**Wed 8th February 2012**

**Faye Yarroll**

**Technology Manager Cochlear Implant**

**Wed 14 March 2012**

**Volunteers' Lunch**

**B H Bowling Club**

**The clubrooms will be closed for the Castle Hill Show from Mon 12th March to Tues 20th March incl. and**

**Friday 6th April –**

**Good Friday**

**Monday 9th April –**

**Easter Monday**